

ABSTRACT

Black currant anthocyanin-containing compositions for foods comprising 1 to 25% by weight of black currant anthocyanin on the basis of solid matters; a process for producing a black currant anthocyanin-containing composition for foods characterized by purifying and concentrating black currant juice employed as a starting material by using a charged reverse osmosis membrane; functional foods and drinks characterized by containing the above compositions for foods; and the above-described compositions for foods and the above-described functional foods and drinks having an effect of improving visual function, a function of improving blood fluidity, and/or a function of lowering blood pressure. The conventional black currant anthocyanin compositions have a low black currant anthocyanin content, strong acidity and poor stability, which makes them unsuitable as additives for foods and drinks. However, the production process according to the present invention makes it possible to provide black currant anthocyanin-containing compositions for foods which have a high black currant anthocyanin content, an adequate acidity, and a high stability and can be added to foods and drinks. Moreover, functional foods and drinks containing these compositions, which have an effect of improving visual function, a function of improving blood fluidity, or a function of lowering blood pressure, can be provided.